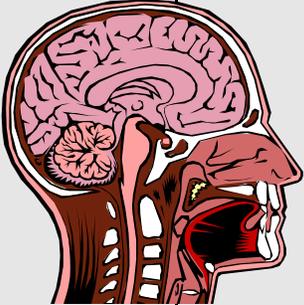


Thinking Clearly Under Pressure

How you breathe when you encounter surprise, change, or stress determines which part of your brain is in control.

Survival Brain Indicators	Thinking Brain Indicators
<p>Critical / Negative High drama Personalizes Overwhelmed Ineffective Disrespectful Argumentative Chronic Pain / Fatigue Blaming / Complaining Rigid / Controlling Stubborn / Tired / Irritable Recycles the story / Insists on "I'm right!"</p>	<p>Curious / Compassionate Resilient / Optimistic Focused on solutions Can find the humor Supportive Team-players Collaborative Lets the past go Moves forward Healthy / Energetic Sees the good in situations Creative / Adaptive</p>



The Downside of Using the Survival Brain

The survival brain is designed to physically react, not to think or relate. The survival brain's fight, flight or freeze state prevents accurate memory, perception, and an appropriate range of behaviors. The survival brain misreads people, data, and situations. It often makes thoughtless decisions and terrible mistakes. Yet this is when people are absolutely positive that they're right - and they will argue or fight to prove it. The survival brain requires so many chemicals that, when activated, the chemicals needed for thinking, digesting food, physical growth, and normal body repair and regeneration all become depleted. The physical consequences include headaches, TMJ, upset stomachs, neck, shoulder and back pains, chronic fatigue, and the inability to get a good night's sleep.

Why Belly Breathing is So Important

When people become surprised or upset they hold their breath. Holding the breath tells the brain that something is wrong and it responds by releasing stress hormones - cortisol and adrenaline - which activate fight, flight or freeze reactions. Conversely, when you slow down and belly breathe, the brain receives the message that you are now safe and it stops manufacturing stress chemicals. Instead it produces a different set of chemicals, including serotonin and endorphins. These activate the thinking brain and the body's growth and repair systems. You can once again think clearly, stay calm, and behave professionally.

Practice Belly Breathing

Place one hand on your belly and the other on your lower back. Feel both hands move out as you inhale deeply, and feel them move back in towards each other as you exhale completely.

A Belly Breathing Strategy

- Inhale for a count of 4
- Hold for a count of 2
- Exhale for a count of 6 - 8
- Rest for a count of 2



Breathe in and out of your nose
as much as possible.

**Exhale slowly & completely.
Make your exhalations long, slow, and easy.**

Help Others Stay in Their Thinking Brain

- Belly breathe when you are with them
- Focus on and affirm their qualities that you admire
- Praise often and specifically
- Incorporate positive visual reminders
- Increase light-hearted moments – laughter helps
- Integrate calming moments into meetings and meals
- Don't personalize their upset – it's not about you
- Go for a walk
- Listen

*The simplest and most
powerful technique
for protecting
your health is
absolutely free
and literally right
under your nose.*

- Andrew Weil M.D.

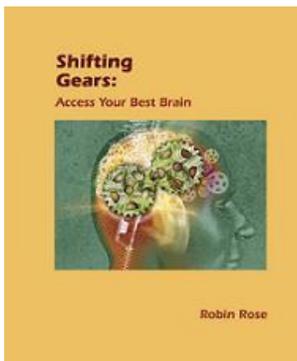
Robin Rose is a renowned trainer, speaker and consultant with over twenty years experience. With a background in counseling and education, she translates the latest developments in brain-based research into practical, learnable skills. Robin's expertise is in teaching people how to stay calm, professional, and effective, especially during high-stress, high-pressure situations. She delivers information, training, and tools that help you understand how your brain works, how to think

Want more? Here are a few ways to get it:

Sign-up for Robin's newsletter



1. Sign up for the free newsletter. Robin's StayWell messages deliver helpful tips and reminders to your Inbox once a week. You'll find the sign-up box on the home page of Robin's website: www.robinrose.com



2. Read the book. *Shifting Gears: Access Your Best Brain* is the first book in Robin's StayWell series. You'll find it on her website, in the Products section.

3. Bring Robin in to work with your organization or team. Visit the training section of her website for a list of offerings, and contact Robin to discuss your particular needs.

